

Sample -Alabama Junior Chef Work Plan

Competitor's Group Name: Sample County Culinary Jr. Chef

Name of Competitor's Organization: Sample County

Recipe Title: Spicy Honey-Kissed Chicken & Waffle

Directions: Complete the work plan. List all steps, ingredients, equipment, prep time, cook time, cooling time, and directions for completing each step. All local Alabama ingredients should be in typed in **bold red letters** and seasonal items in **bold green letters**.

Step 1 – Team Member Responsible: Bobby Jones		
Component:	Ingredients:	Directions:
Chicken	1½ pounds boneless skinless chicken breast (USDA FOOD ITEM)	<ol style="list-style-type: none"> 1. Wipe counter. 2. Wash hands; put on gloves. 3. Wash chicken; place in bowl. 4. Wash and sanitize sink. 5. Wash hands; change gloves. 6. For very thick chicken breast cut in half to reduce thickness. Using a mallet, gently pound breasts to uniform thickness. Trim any fatty areas. 7. Cut breasts into tenders. <p>*See Chicken Seasoning recipe for cooking directions.</p>
Prep Time:	1 cup oil for cooking	
10 minutes		
Cook Time:		
10 – 11 Minutes		
Cool/Warm Time:		
Keep warm until time to serve		
	Equipment:	
	Cutting board Chef knife Bowl Meat mallet Gloves Measuring cup	
Step 2 – Team Member Responsible: Billy Jones		
Component:	Ingredients:	Directions:
Chicken Marinade	¼ cup Apple Cider Vinegar	<ol style="list-style-type: none"> 1. In small bowl stir together oil, 1 apple cider vinegar honey, minced garlic, salt, pepper and fresh chopped parsley. 2. When chicken has been prepared into tenders, place chicken in marinade working in the marinade with gloved hands to cover chicken. 3. Cover with plastic wrap and place in refrigerator for 30 minutes to marinate.
Prep Time:	½ cup olive oil	
5 minutes	¼ cup honey	
Cook Time:	½ teaspoon fresh garlic , minced	
N/A	½ teaspoon Kosher salt	
Cool/Warm Time:	1 teaspoon pepper	
30 minutes	2 Tablespoons fresh parsley , chopped	
	Equipment:	
	Bowl Measuring spoons Measuring cups Whisk chef knife Cutting board Plastic wrap	

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Step 3 – Team Member Responsible: Bobby Jones		
Component:	Ingredients:	Directions:
*Chicken Seasoning	¾ cup Wiesenberger whole wheat flour 1 teaspoon garlic powder ½ teaspoon chili powder ½ teaspoon cumin ¼ teaspoon pepper ¼ teaspoon red pepper flakes 1½ teaspoon Kosher salt ¼ teaspoon paprika 1½ cups panko breadcrumbs	<ol style="list-style-type: none"> Blend all seasoning ingredients in a bowl. Cover and set aside. When chicken has marinated 30 minutes, roll and press each tender in seasoning mix to coat well. Place in a single layer on a papered sheet pan until all tenders are coated and ready to cook. *Heat skillet and oil on medium heat. *Place chicken in hot oil. Sear each side for 2-3 minutes. Continue cooking for 7-8 minutes, turning down heat if necessary to prevent burning. Cook until an internal temperature of 165°F is reached. *Place tenders in oven set at 250°F on a sheet pan with a wire rack insert to keep warm until serving.
Prep Time:		
5 minutes		
Cook Time:		
N/A		
Cool/Warm Time:		
N/A		
	Equipment: Bowl Dry measuring cups Measuring spoons Gloves Skillet Tongs ½ sheet pan Wire rack Oven/Warmer	

Step 4 – Team Member Responsible: Sally Jones		
Component:	Ingredients:	Directions:
Waffles	1 cup Wiesenberger whole wheat flour ½ cup Wiesenberger unbleached white flour 2 Tablespoons cornstarch 1 teaspoon baking powder ½ teaspoon baking soda ½ teaspoon Kosher salt 1 ½ cups 2% milk ½ stick melted butter 2 large eggs 2 Tablespoons honey 1 teaspoon vanilla extract ½ cup mini sweet peppers; mixed colors – brunoise (1/16" edge) ¼ cup celery – brunoise ¼ cup carrots – brunoise ½ cup Honey Crisp Apple – small dice and marinated into lemon/lime sauce ½ cup Granny Smith Apple – small dice and marinated in lemon/ lime sauce* Cooking spray	<ol style="list-style-type: none"> In large bowl, whisk together dry ingredients. Make a shallow well in the dry ingredients and add milk, eggs, melted butter, honey, and vanilla extract. Stir together until just combined. Let sit while dicing vegetables and apples. Preheat oven to 250°F and set a sheet pan inside to place cooked waffles on to keep warm. Dice (brunoise) mini sweet peppers, celery, carrots, and small dice apples. Add to waffle batter, gently stirring to incorporate into batter. Preheat waffle iron and spray with nonstick cooking spray for each waffle cooked. Pour 1/3 cup batter into waffle iron spreading out evenly. Cook for 3-6 minutes flipping iron ½ way through cooking time.
Prep Time:		
15 minutes		
Cook Time:		
3 – 6 minutes per waffle		
Cool/Warm Time:		
Keep warm until time to serve		

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	Equipment: Waffle Iron Cutting Board Chef Knife Bowls Whisk Dry Measuring Cups	8. Place onto sheet pan with rack in oven to keep waffles warm until serving. 9. **See recipe for lemon/lime apples
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Step 5 – Team Member Responsible: Billy Jones

Component:	Ingredients:	Directions:
**Lemon Lime Marinated	1 large Granny Smith Apple 1 large Honey Crisp Apple	<ol style="list-style-type: none"> For Honey crisp and Granny Smith apples, small dice ½ cup of each apple for waffle batter. Then thin slice the rest for garnish. Place apple slices and diced pieces in mixing bowl. Add hot sauce, salt, lemon juice and lime juice. Mix well, turning apples into the juices to cover well. Cover and set aside until ready to use. Small dice apples using ½ cup each for waffle batter. Set aside remainder for later use.
Prep Time:	½ teaspoon of your favorite hot sauce	
10 minutes	1/4 teaspoon Kosher salt	
Cook Time:	1 Tablespoon fresh lemon juice	
N/A	1 Tablespoon fresh lime juice	
Cool/Warm Time:		
N/A		
	Equipment: Chef Knife Cutting Board Measuring Spoons Bowl Gloves	

Step 6 – Team Member Responsible: Sarah Jones

Component:	Ingredients:	Directions:
Spicy Honey	1 Tablespoon Pablano Pepper (mild flavor) 1 Tablespoon Serrano Pepper (medium flavor)	<ol style="list-style-type: none"> Mince garlic. Place into small saucepan. Starting with Pablano pepper (mildest) fine chop pepper including seeds and add to saucepan. Add ½ cup honey.*** Heat on medium heat for about 15 minutes. Remove from heat. Strain honey. Place containers of strained honey in bowls of ice for rapid cooling. ***Spray measuring cup with nonstick cooking spray for easy removal of honey.
Prep Time:	1 Tablespoon Habanero Pepper (hot flavor)	
10 minutes	1 ½ cups Honey, divided into ½ cup portions	
Cook Time:	1 ½ teaspoons garlic , minced and divided	
15 minutes	1 Tablespoon Apple Cider Vinegar (ACV), divided	
Cool/Warm Time:		
15 minutes		
	Equipment: Cutting Board Chef Knife Liquid Measuring Cup Measuring Spoons 3 small Saucepans Strainer 3 small containers to hold honey 3 containers for ice Honey spoons Spatula	

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Grocery List

Item	Quantity	Person Responsible
Boneless Skinless Chicken Breast	1 ½ lb.	Bobby Jones
Cooking Oil	1 (16 oz. bottle)	Bobby Jones
Apple Cider Vinegar	1 (16 oz. bottle)	Billy Jones
Olive Oil	1 (16 oz. bottle)	Billy Jones
Honey	1 (8 oz. bottle)	Billy Jones
Fresh Garlic	4 cloves	Billy Jones
Kosher Salt	1 (16 oz. box)	Billy Jones
Pepper	1 (6 oz. bottle)	Billy Jones
Fresh Parsley	1 batch	Billy Jones
Wiesenberger Whole Wheat Flour	1 (5 lb. bag)	Bobby Jones
Garlic Powder	1 (6 oz. bottle)	Bobby Jones
Chili Powder	1 (6 oz. bottle)	Bobby Jones
Cumin	1 (6 oz. bottle)	Bobby Jones
Pepper	1 (6 oz. bottle)	Bobby Jones
Red Pepper Flakes	1 (6 oz. bottle)	Bobby Jones
Kosher Salt	1 (6 oz. bottle)	Bobby Jones
Paprika	1 (6 oz. bottle)	Bobby Jones
Panko Breadcrumbs	1 (16 oz. bottle)	Bobby Jones
Wiesenberger Whole Wheat Flour	1 (5 lb. bag)	Sally Jones
Wiesenberger unbleached white flour	1 (5 lb. bag)	Sally Jones
Cornstarch	1 (16 oz. box)	Sally Jones
Baking Powder	1 (6 oz. bottle)	Sally Jones
Baking Soda	1 (6 oz. bottle)	Sally Jones
Kosher Salt	1 (6 oz. bottle)	Sally Jones
2% Milk	1 Quart	Sally Jones
Butter	1 lb.	Sally Jones
Eggs	½ dozen	Sally Jones
Honey	1 (8 oz. bottle)	Sally Jones
Vanilla Extract	1 (8 oz. bottle)	Sally Jones
Multicolored Mini Sweet Peppers	1 package	Sally Jones
Celery	1 package	Sally Jones
Carrots	1 package	Sally Jones
Honey Crisp Apple	2 medium	Sally Jones
Granny Smith Apple	2 medium	Sally Jones
Cooking spray	1 (16 oz. bottle)	Sally Jones
Granny Smith Apple	1 large	Billy Jones
Honey Crisp Apple	1 large	Billy Jones
Hot Sauce	1 (8 oz. bottle)	Billy Jones
Kosher Salt	1 (6 oz. bottle)	Billy Jones
Fresh Lemon Juice	1 large	Billy Jones
Fresh Lime Juice	1 large	Billy Jones

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Pablano Pepper (mild flavor)	1 large	Sara Jones
Serrano Pepper (medium flavor)	1 large	Sara Jones
Habanero Pepper (hot flavor)	1 large	Sara Jones
Honey	1 (16 oz. bottle)	Sara Jones
Garlic	4 cloves	Sara Jones
Apple Cider Vinegar	1 (16 oz. bottle)	Sara Jones